

Rice Dessert

Makes: 6 Servings

Ingredients

- 1 cup** cooked brown rice (chilled)
- 1 cup** low-fat yogurt (plain or vanilla)
- 1 cup** applesauce
- 1/4 cup** raisins
- 1 can** crushed pineapple in juice (8 ounces)

Directions

1. Put aside 1/4 cup of drained pineapple.
2. Mix all other ingredients together in a medium sized bowl.
3. Serve in small dishes.
4. Top with the remaining crushed pineapple.

Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.